

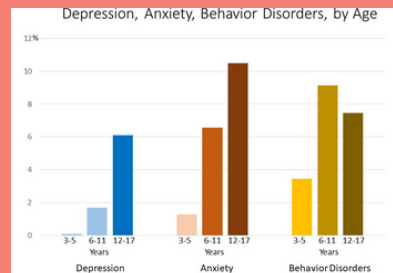
**YOU ARE  
NOT  
ALONE**

# **MENTAL ILLNESS AWARENESS WEEK**

**October 4-10, 2020**

**Mental illnesses are health conditions involving changes in thinking, emotion or behavior.**

<https://www.psychiatry.org/patients-families/what-is-mental-illness>



[www.cdc.gov](http://www.cdc.gov)

**20 % OF  
TEENAGERS 13-18  
LIVE WITH A  
MENTAL HEALTH  
CONDITION**

## **TREATMENT HELPS! RESOURCES**

**National Suicide Prevention Lifeline  
1-800-273-8255**

**National Alliance on Mental Illness  
[www.NAMI.org](http://www.NAMI.org)**

